



## Middle School (6-8) Lunch Menu

December 2013

The cost of a paid student meal is \$2.50. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Taco on Whole Wheat Tortilla  OR  Black Bean Taco on Whole Wheat Tortilla   Southwest Pinto Beans Fresh Broccoli Florets w/ Light Dressing  Fresh Local Apple	Polpetta Italiana (Pizza Beef Burger)  OR  Italian Bagel   Baked Sweet Potato Wedges Fresh Cucumber Coins  Fresh Orange	Cherry Blossom Chicken w/ Ginger Lime Brown Rice  OR  Veggie Stir Fry w/ Brown Rice   Local Country Collard Greens Fresh Broccoli Florets w/ Light Dressing  Chilled Peaches	Homemade Cheese Pizza on Whole Wheat Crust  OR  Panko Crusted Fish Sandwich on Whole Wheat Bun w/ Homemade Tartar Sauce  Seasoned Corn Fresh Baby Carrots w/ Light Dressing  Fresh Banana	Whole Wheat Spaghetti w/ Turkey Meatballs & Marinara  OR  Whole Wheat Spaghetti w/ Marinara & Mozzarella   Seasoned Carrots Fresh Celery Sticks w/ Light Dressing  Pear Sauce
9	10	11	12	13
Rotini w/ Turkey Meat Sauce  OR  Toasted Cheese Sandwich   Green Beans Italiano Fresh Baby Carrots w/ Light Dressing  Fresh Local Apple	Savory Beef Burger on a Whole Wheat Bun  OR  Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips  Ranch Style Black Beans Fresh Cucumber Coins  Fresh Orange	BBQ Turkey Sandwich on Whole Wheat Bun  OR  Panzanella Salad   Seasoned Baked Potato Wedges Fresh Local Kale Caesar Salad  Chilled Peaches	Spicy Buffalo Chicken Whole Grain Wrap  OR  Egg Salad Sandwich on Whole Wheat Bread  Garlic Lemon Broccoli Fresh Baby Carrots w/ Light Dressing  Fresh Banana	Homemade Cheese Pizza on Whole Wheat Crust  OR  Tuna Melt on Whole Grain Bread   Seasoned Carrots Fresh Romaine & Tomato Side Salad  Pear Sauce
16	17	18	19	20
Santa Fe Beef Burger  OR  NEW! Veggie Chili w/ Jalapeno Cornbread  Seasoned Broccoli Fresh Baby Carrots w/ Light Dressing  Fresh Local Apple	Hot Turkey Meatball Sub w/ Marinara & Mozzarella on Whole Wheat Bun  OR  Italian Bagel   Southwest Pinto Beans Fresh Confetti Coleslaw  Fresh Orange	Holiday Meal Oven Roasted Turkey Breast w/ Gravy, & Cranberry Cornbread  OR  Toasted Cheese Sandwich  Mashed Potatoes Fresh Celery Sticks w/ Light Dressing  Chilled Peaches	Pescado a La Mexicana (Mexican Style Baked Fish) Whole Wheat Dinner Roll  OR  Whole Grain Homemade Mac-N- Cheese  Seasoned Carrots Fresh Local Tuscan Kale Salad  Fresh Banana	Teriyaki Chicken & Pineapple Ginger Brown Rice  OR  Polynesian Veggie Lo Mein  Seasoned Peas Fresh Baby Carrots w/ Light Dressing  Pear Sauce
23	24	25	26	27
	Happy Winter Break			
30	31	1	2	3
	Happy Winter Break			
Daily Alternate Options				
Monday Turkey Pastrami Sandwich on Whole Wheat Roll	Tuesday Turkey & Cheese on Whole Wheat Sub w/ Fresh Romaine	Wednesday Chicken Caesar Salad w/ Fresh Romaine & Croutons w/ Whole Wheat Dinner Roll	Thursday Chef Salad w/ Fresh Romaine, Turkey- Ham, Egg, Cheese & Whole Wheat Dinner Roll	Friday Garden Salad w/ Fresh Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll



### December's Food Focus is Red Orange Vegetables

The Red Orange Vegetable Group has over 12 different types of vegetables including winter squash



(butternut and acorn), sweet potatoes, carrots, pumpkins, peppers, and tomatoes.

Red Orange vegetables are high in beta carotene which helps keep your eyes and immune system healthy. Did you know an average pumpkin weighs 10-20 Lbs.? The Atlantic Giant variety of pumpkin can weigh 400-600 Lbs.! That's enough for 300 pies! Look for red orange veggies on the lunch menus.

